‘ENGINEERING’
YOUR INNER SELF

Isha Yoga Centre in the city is organising a series of ‘Inner Engineering’ retreat programmes for the public.

Fitness freaks and those into spiritual activities in the city can head to Isha Foundation, as the organisation is conducting ‘Inner Engineering’ retreat programmes at its Isha Yoga Centre till June 24.

Inner Engineering is offered as an intensive programme for personal growth. The programme will offer tools to re-engineer one’s self through yoga. The approach will be a modern antidote to various physical woes; stress, preventing chronic diseases like asthma, allergies, sinusitis, hypertension, diabetes, obesity, rheumatism, arthritis, epilepsy, back pain, skin and eye ailments, migraine. The retreat will be a four day and four night programme.

The programme includes a visit to the Linga Bhairavi temple and Theerthakund, situated within the premises of the Yoga centre. Participants will also be taken for a visit to the Dhyanalinga Yogic Temple. The temple offers a meditative space that does not ascribe to any particular faith or belief system nor requires any ritual, prayer, or worship.

Participants are also taught Suryanamaskar, a combination of twenty-four yogasanas done in a sequence. The retreat also includes treks into the lush, natural beauty of the Velliangiri Mountains. A part of the Nilgiri Biosphere Reserve, these forests are home to a variety of amazing plant and animal life.

Starting from Wednesday, Isha Yoga Centre will be organising the series of retreat programmes till July 24. For registration and other queries, contact 0422-2515421/0422-2515300.